

## Chicago Lakeshore Hospital Outpatient Services

*Introduces*

### Women's Wellness Group IOP & PHP

A unique comprehensive trauma based program

**Monday through Friday**  
**9:00 A.M. – 12:00 P.M., IOP**  
**9:00 A.M. – 2:30 P.M., PHP**

The Women's Wellness Group provides comprehensive services for women ages 18-70 years old who have experienced trauma, domestic violence, sexual abuse, or Post-Traumatic Stress Disorder, and are also experiencing concerns related to mood, anxiety, or substance use. Chicago Lakeshore Hospital's Women's Wellness Group serves and empowers women in the community with collaborative, multidisciplinary treatment efforts through evidence-based and trauma-informed mental health care. This group provides a safe and caring environment where women can feel connected to a supportive community and be treated for various concerns utilizing a wellness-based holistic approach.



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